TERM 3

WINTER 2016

NEW

Tasty & Healthy Options...
...In School

ST ALOYSIUS COLLEGE
53 Wakefield Street, Adelaide SA 5000  Phone: 8217 3230
# Sandwiches

White or wholemeal bread

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sandwich</td>
<td>$4.00</td>
</tr>
<tr>
<td>Small Roll</td>
<td>$2.70</td>
</tr>
<tr>
<td>1/2 Wrap</td>
<td>$2.70</td>
</tr>
</tbody>
</table>

## Fillings

- Beef
- Chicken
- Ham
- Egg
- Avocado
- Capsicum
- Carrot
- Cheese
- Cucumber
- Lettuce
- Onion
- Rocket
- Spinach
- Tomato
- Tuna
- Vegemite

## Snacks

<table>
<thead>
<tr>
<th>Item</th>
<th>Small</th>
<th>Large</th>
</tr>
</thead>
<tbody>
<tr>
<td>Veggie Chips</td>
<td>$1.00</td>
<td></td>
</tr>
<tr>
<td>Potato Chips</td>
<td>$1.00</td>
<td>$2.00</td>
</tr>
<tr>
<td>Mamee Noodles</td>
<td>$1.00</td>
<td></td>
</tr>
<tr>
<td>Popcorn</td>
<td>$1.00</td>
<td></td>
</tr>
<tr>
<td>Jumpees</td>
<td>$1.00</td>
<td></td>
</tr>
<tr>
<td>JJ</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cornitos</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Drinks

<table>
<thead>
<tr>
<th>Item</th>
<th>Small</th>
<th>Large</th>
</tr>
</thead>
<tbody>
<tr>
<td>Juice Bottle (apple, orange or blackcurrant)</td>
<td>$2.60</td>
<td>$3.30</td>
</tr>
<tr>
<td>Water</td>
<td>$2.60</td>
<td></td>
</tr>
<tr>
<td>Carbonated Mineral Water</td>
<td>$3.30</td>
<td></td>
</tr>
<tr>
<td>Milk (flavoured)</td>
<td>$2.60</td>
<td>$3.30</td>
</tr>
<tr>
<td>Iced Tea</td>
<td>$3.30</td>
<td></td>
</tr>
<tr>
<td>Fruit Box</td>
<td>$1.60</td>
<td></td>
</tr>
</tbody>
</table>

## From the Freezer

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Icy Bite (assorted flavours)</td>
<td>$0.50</td>
</tr>
<tr>
<td>Other Ice Blocks</td>
<td>$0.50 - $3.80</td>
</tr>
</tbody>
</table>

## Specials for Primaries

- Chicken Nugget (max of 4) $0.80 each
- Garlic Bread $1.00
- Sweetcorn $1.00
- Corn on the cob $2.50
- Hot Dog $4.50
- Snack Pie $2.50

## Hot Food

- Pies (beef, chicken, potato, beef cheese & bacon, spinach & ricotta) $3.70
- Pasty (vegetarian available) $3.70
- Sausage Roll $3.20
- Pizza (vegetarian available) $3.50
- Garlic Bread $1.00
- Noodles (in heat proof container only & not available for students in R-3) $3.00

## Sweets & Treats

### Sweets

- Finger Bun $2.20
- Lolly Bag $0.50/$1.00
- Muffin $3.20
- Small Muffin $2.00
- Fresh Fruit (seasonal) $1.00
- Yoghurt $2.50

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Finger Bun</td>
<td>$2.20</td>
</tr>
<tr>
<td>Lolly Bag</td>
<td>$0.50/$1.00</td>
</tr>
<tr>
<td>Muffin</td>
<td>$3.20</td>
</tr>
<tr>
<td>Small Muffin</td>
<td>$2.00</td>
</tr>
<tr>
<td>Fresh Fruit</td>
<td>$1.00</td>
</tr>
<tr>
<td>Yoghurt</td>
<td>$2.50</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Finger Bun</td>
<td>$2.20</td>
</tr>
<tr>
<td>Lolly Bag</td>
<td>$0.50/$1.00</td>
</tr>
<tr>
<td>Muffin</td>
<td>$3.20</td>
</tr>
<tr>
<td>Small Muffin</td>
<td>$2.00</td>
</tr>
<tr>
<td>Fresh Fruit</td>
<td>$1.00</td>
</tr>
<tr>
<td>Yoghurt</td>
<td>$2.50</td>
</tr>
</tbody>
</table>
### Daily Menus

#### Monday

- **Pumpkin Soup** [GF] [V] $3.00/$5.00
  
  Made in our kitchen from all fresh ingredients & served with a bread roll

- **Mongolian Beef**
  
  Sliced beef and stir-fried vegetables served with rice
  
  $5.00

- **Hash Brown**
  
  Two crispy baked hash browns
  
  $2.00

- **Garlic Bread**
  
  Garlic butter made in our kitchen, fused over half an open roll
  
  $1.00

- **Nacho**s
  
  Corn chips with melted cheese and mild salsa
  
  $3.00

#### Tuesday

- **Cauliflower & Bacon Soup**
  
  Made in our kitchen from all fresh ingredients & served with a bread roll
  
  $3.00/$5.00

- **Pumpkin & Chickpea Coconut Curry** [V] $5.00
  
  A mild curry made with fresh ingredients from our kitchen & served with rice

- **Wedges**
  
  Golden oven baked potato wedges with the option of sweet chilli sauce and sour cream topping
  
  $3.00

- **Garlic Bread**
  
  Garlic butter made in our kitchen, fused over half an open roll
  
  $1.00

#### Wednesday

- **Potato & Leek Soup** [V] $3.00/$5.00
  
  Made in our kitchen from all fresh ingredients & served with a bread roll

- **Pasta Bolognese**
  
  A classic meat based sauce made in our kitchen, served over spiral pasta
  
  $5.00

- **Chips**
  
  A modest serve of oven baked potato chips
  
  $3.00

- **Chicken Skewers**
  
  Three small pieces skewered from the most tender part of the chicken breast
  
  $2.00

- **Garlic Bread**
  
  Garlic butter made in our kitchen, fused over half an open roll
  
  $1.00

#### Thursday

- **Chicken Noodle Soup** $3.00/$5.00
  
  Made in our kitchen from all fresh ingredients & served with a bread roll

- **Wedges**
  
  Golden oven baked potato wedges with the option of sweet chilli sauce and sour cream topping
  
  $3.00

- **Garlic Bread**
  
  Garlic butter made in our kitchen, fused over half an open roll
  
  $1.00

- **Yiros**
  
  Fluffy fresh pita bread filled with juicy lamb, ripe tomato, red onion, lettuce and tzatziki
  
  $5.00

#### Friday

- **Chicken & Sweet Corn Soup** $3.00/$5.00
  
  Made in our kitchen from all fresh ingredients & served with a bread roll

- **Beef Lasagna**
  
  Angus Beef lasagna made from the highest quality ingredients
  
  $5.00

- **Hash Brown**
  
  Two crispy baked hash browns
  
  $2.00

- **Garlic Bread**
  
  Garlic butter made in our kitchen, fused over half an open roll
  
  $1.00

- **Mystery Lunch!**
  
  Surprise lunch every Friday!
  
  $5.00

---

**Focaccias**

Fresh & baked Italian flat bread, filled with four of the following options. Can be toasted by our friendly canteen staff.

- **Chicken Caprese**
  
  Chicken, tomato, basil & mozzarella
  
  $5.00

- **Vegetariana** [V]
  
  Sautéed eggplant, zucchini, capsicum, onion, plum tomatoes & rocket
  
  $5.00

- **Turkey**
  
  Free range turkey breast, cream cheese, cranberry sauce, romaine lettuce & thinly sliced cucumbers
  
  $5.00

- **Baby Spinach BLT**
  
  Baby spinach leaves, freshly sliced tomatoes, crispy bacon & tasty cheese
  
  $5.00
Things to Note

- Ice creams are not available at recess or after 1:30pm
- There is no credit given in the canteen but if a student has forgotten her lunch, she should see her teacher.
- Due to safety reasons, Canteen staff cannot re-heat or heat food brought from home.
- Hot water and liquid safety:
  - Hot water is not available directly from the Canteen.
  - Noodle containers will be filled with water in time for recess or lunch.
  - Milo or soup will only be served to students by adults.
- Students can pre-order noodles from the canteen. Also, if students want to bring their own noodles from home, they must leave the noodles at the canteen by 10:30am. You must write your name, Home Class and whether you want the noodles for recess or lunch.

We are constantly reviewing the menu, considering healthier options and student preferences. Therefore, the menu is subject to change.

Mr John Konopka
DEPUTY PRINCIPAL

canteen@sac.sa.edu.au

Service Times:

- 11:05am to 11:30am
- 1:00pm to 1:45pm

Order Times:

- Primary student orders to be received by 9:00am
- Secondary student and staff orders to be received by 11:00am
- Own noodles for hot water by 10:30am